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Winnipeg metro

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TRUDEAU TO RICH: PAY MORE TAX

metroNEWS

Manitoba Moose players J.C. Lipon and Scott Kosmachuk show off their new colours at MTS Centre on Monday. DAVE BAXTER/METRO

Terry Fox runs on

CANCER FUNDRAISING

Province to create days in his honour

DAVE BAXTER
Metro | Winnipeg

The Manitoba government wants to officially honour Terry Fox by creating Terry Fox Day, and Terry Fox Run Day.

Health Minister Sharon Blady said the province has introduced legislation to make the first Monday in August Terry Fox Day, and the second Sunday in September Terry Fox Run Day.

"Terry Fox was born in Winnipeg and went on to become a national symbol for hope, courage and perseverance in the face of overwhelming odds," said Blady.

"This new legislation will ensure his memory and his enduring legacy are never forgotten in our province, and support ongoing cancer awareness and fundraising activities for cancer research carried out in his name."

Blady said members of the public have been calling for the Manitoba government to recognize Fox's contributions in a more official way, and the proposed legislation would honour his memory and legacy.

"Terry's roots are in Manitoba where he lived the first eight of his 22 years," said Terry's father Rolly Fox.

"We are very thankful that the province has recognized our son, brother, uncle, nephew and cousin in this way and, more importantly, his living legacy of eradicating cancer through research."

Blady said the proposed act is expected to take effect later this year.

For more information on the Terry Fox Foundation, visit terryfox.org.

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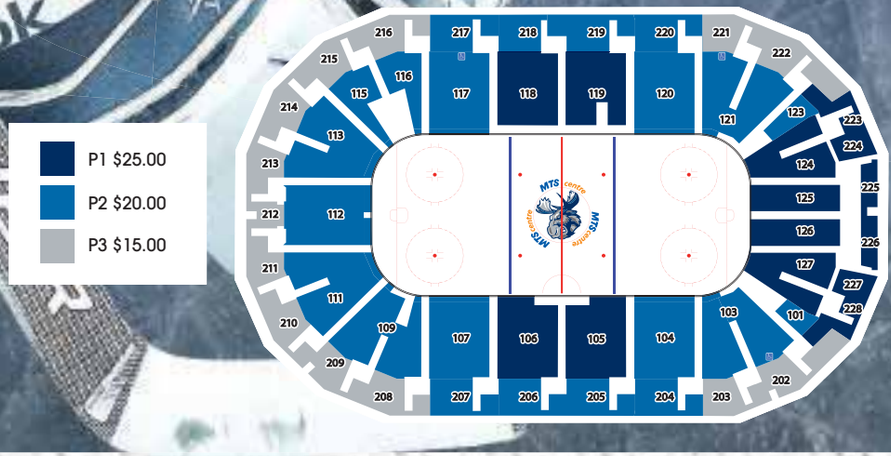

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metro NEWS

Your essential daily news

This man survived both the Nepal quake and the Boston Marathon bombing. **Canada**

HEALTH CARE

Grace Hospital getting a new MRI

Manitoba's health minister is hopeful an MRI machine coming to the Grace Hospital will help cut wait times for patients currently waiting up to six months for an appointment.

Sod was turned Monday on the $10.5-million project that will see a 5,000-square-foot MRI suite built at the hospital in west Winnipeg by next summer.

"This is going to make a huge difference," said Health Minister Sharon Blady. "I know in talking to my neighbours how important it is that they get their MRI scans on a timely basis and this is going to add approximately 2,800 additional scans per year."

The space will include staff offices, waiting areas, washrooms, housekeeping, storage, change rooms, sedation bays, the MRI control room, the MRI room and an equipment room.

The plan is to see the new suite located next to the hospital's existing diagnostics, imaging and laboratory department.

Winnipeg Regional Health Authority president and CEO Arlene Wilgosh said there's another new MRI machine coming to the St. Boniface Hospital, and noted it's important patients remember MRI appointments are prioritized for those who need them quickly.

"If it's urgent or emergent you get it done as soon as you need it," she said.

About 10 per cent of the new MRI suite's cost is being covered by donations made to the Grace Hospital Foundation.

There are currently eight MRI machines in Winnipeg and two machines outside the city.

SHANE GIBSON/METRO

Manitoba Health Minister Sharon Blady speaks to media after announcing a new MRI suite will open at Grace Hospital by the summer of 2016. SHANE GIBSON/METRO

Province invests big in Winnipeg roads

INFRASTRUCTURE

Premier says record $65M could be just the beginning

Shane Gibson
Metro | Winnipeg

The Province of Manitoba is giving Winnipeg just shy of $65 million this year to tackle some of the city's bumpiest rides.

And while Mayor Brian Bowman was grateful for the investment, he told Premier Greg Selinger he still wants to meet to discuss even more money for road renewal going forward.

"We've got a lot of work to do," said the mayor at a provincial press conference held at the corner of St. James Street and Ness Avenue on Monday morning. "Make no mistake about it: We are going to have some tough discussions in the future about the right model."

During last fall's civic election, Bowman promised voters he'd fight for a new funding model for infrastructure from the province, and the city's budget released last month saw a record investment of $103 million in fixing city streets this year.

Mayor Brian Bowman and Premier Greg Selinger laugh before a press conference Monday where the province pledged nearly $65 million for road repairs in the city. SHANE GIBSON/METRO

Selinger was sympathetic to the city's road woes and said the province will sit down to talk with the city.

"I'm sure we're going to have some very worthwhile discussions as we go forward," he said, noting the money coming to the city this year is a record investment from the province. "We're not in any way ragging the puck — we're making sure that things get done as we look at better ways to do things in the future."

ROADWORK

Roads scheduled for repairs this year include Portage Avenue, Ness Avenue, Pembina Highway, Henderson Highway, Main Street and St. James Street.

Of the provincial funding, $50 million is part of a five-year, $250-million investment in Winnipeg's regional and local street-renewal program promised in last year's budget.

The money also includes an additional $9.8 million in one-time provincial support and another $5 million previously promised to the city's new Build Winnipeg Partnership.

The money will help restore more than 160 local and regional streets, bridges, overpasses and back lanes, according to a provincial release.

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TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Winnipeg Jets general manager Kevin Cheveldayoff at Monday's Manitoba Moose name and jersey unveiling. DAVE BAXTER/METRO

The Moose are back

HOCKEY

AHL team's name and jersey unveiled

Dave Baxter
Metro | Winnipeg

The Manitoba Moose are officially back in Winnipeg.

In a news conference at MTS Centre Monday morning, True North Sports and Entertainment announced when the AHL's St. Johns Ice Caps relocate to Winnipeg this fall the team will once again be called the Manitoba Moose.

TNSE chairman Mark Chipman originally brought the Manitoba Moose to Winnipeg from Minnesota in 1996 after the departure of the Winnipeg Jets for Phoenix.

"It's been 19 years since we first introduced the Moose brand to Winnipeg at the Winnipeg Arena," said Chipman. "So it is really gratifying and exciting to re-introduce a brand that we were very proud of for 15 years.

"And we would not be in the NHL today if not for those 15 years."

The team is the primary affiliate of the Winnipeg Jets, so Winnipeg hockey fans won't have to go far to see the Jets' up-and-coming prospects.

> **"It is really gratifying ... to re-introduce a brand that we were very proud of for 15 years**
> Mark Chipman

"The great thing about bringing the team back is that we are now developing our own players in front of our own fans," said Chipman.

The team also unveiled its new home and away jerseys, which will have the same primary colours and basic design as the Winnipeg Jets jersey, but with the "angry moose" the team introduced as its primary logo back in 2005.

Winnipeg Jets general manager Kevin Cheveldayoff said TNSE has no plans to make the return of the Moose a temporary thing.

"For us right now we are full steam ahead with trying to keep this here for the long term," said Cheveldayoff.

The Moose have already unveiled their new website which can be found at moosehockey.com. The website has information on how people can get season ticket packages and mini packs for the upcoming AHL season.

CRIME

Friends identify victim in hit-and-run

Shane Gibson
Metro | Winnipeg

Friends of a young man killed in a hit-and-run over the weekend are fundraising to help pay for his funeral.

Friends say Chris Nero, 22, was the man left in critical condition after being hit by a vehicle at the corner of Inkster Avenue and Bunting Street around 11:30 p.m. Saturday.

While they didn't confirm the man's name, police did say Monday he died in hospital.

A GoFundMe account has been set up by Justin Frost, who identifies himself on the website as Nero's best friend.

"Nobody expects a (tragedy) like this to happen to them," he wrote on the site.

"I am trying to help raise money for his mom ... to help her with funeral expenses."

A shoe lies in the roadway where Chris Nero was found after being hit by a vehicle. SHAUN MCLEOD/FOR METRO

Police spokesman Const. Jason Michalyshen said police do not have a description of the vehicle that hit Nero, and investigators were canvassing the area looking for surveillance video Monday in the hopes it may help track down the driver.

"We're at the fact-finding point of the investigation," he said. "We're working hard to gather as much evidence as we can."

Michalyshen said the vehicle that hit Nero will likely have front window damage.

Anyone with information is asked to call police at 204-986-6271 or Winnipeg CrimeStoppers at 204-786-TIPS.

Hike like a Pioneer and get into Manitoba's Wild

INTERLAKE PIONEER TRAIL

Trekker to test her limits with backpacking journey

Shel Zolkewich
For Metro | Winnipeg

Shel Zolkewich will tweet her progress and report on her journey when it wraps up. CONTRIBUTED

Why?

It's the question most often asked when I share my plans to solo hike the 116-kilometre Interlake Pioneer Trail. I wish there was one easy answer. But like most things, it's a bit of this and a bit of that.

I turn 50 this month, so that's reason enough — something to mark the occasion. A few other reasons come into play. Since last fall, we've been looking for rural property in the central Interlake. More often than not, potential acreages were alongside or a stone's throw away from this particular trail. My interest in the trail grew. And then there was the book, Wild, that my husband gave me for Christmas, chronicling the writer's journey on the Pacific Crest Trail. All signs pointed to a May stroll up the Interlake Pioneer Trail.

I'm not a backpacker. I'm more of a walker than a hiker. I don't go to the gym and I've had a bad knee for over 30 years. I have no shortage of excuses. But I'm also a bit of an adventurer at heart and often conjure Eleanor Roosevelt's inspiring words: Do one thing every day that scares you.

I'm not sure that the Interlake Pioneer Trail will scare me (although check back after my first night in a tent when the coyotes start to howl). My biggest worry is that these old knees will give out and that I may be wishing I'd actually done some cardio at a gym. After months of planning, determination is setting in. I may complain of aching shoulders and sore feet (even if there's no one around to hear me), but barring any catastrophe, I'll complete my hike.

No more talking. Time for walking.

RIVER CITY KITCHEN COLUMNIST SHEL ZOLKEWICH STARTED HER 116-KM JOURNEY TO #HIKELIKEAPIONEER ON MONDAY. FOLLOW THE HASHTAG ON TWITTER ALL THIS WEEK TO SEE HOW SHE DOES.

IN BRIEF

Salisbury House coming to Norway House

Nips are coming to Norway House Cree Nation.

Salisbury House announced Monday it's opening its first restaurant outside the city, a 24-hour Sals Express, on the main level of the Kinosao Sipi Multiplex.

"NHCN's partnership with the iconic Salisbury House Restaurant has been an exciting economic development initiative for our community," said Chief Ron Evans, in a release. "The fact that we have been able to see this vision become a reality in only six months' time, truly exemplifies what First Nations and the business community can do when we work together."

Evans said the new 128-seat restaurant will bring 40 full-time and part-time jobs to the reserve. The restaurant will open to the public Tuesday at 6 a.m.

Norway House Cree Nation is about 800 kilometres north of Winnipeg.

METRO

SHOAL LAKE

First Nation scrambles to fix ferry as supplies dwindle

A reserve under one of Canada's longest boil-water advisories is scrambling to fix its broken ferry after being cut off from the outside world.

Shoal Lake 40 First Nation straddles the Ontario-Manitoba boundary and was carved off from the mainland a century ago to build an aqueduct which supplies fresh water to Winnipeg. The reserve has no all-weather road and has been under a boil-water advisory for 17 years.

The community's only ferry failed a federal inspection last week and was taken out of service.

Chief Erwin Redsky, who declared a state of emergency, says that without the aging vessel, people have no way to get groceries, water or immediate medical help.

"Everything from the delivery of water (to) health services are in jeopardy," he said Monday.

"People are very, very frustrated and very inconvenienced. We've never experienced this before. We're trying to deal with it the best way we can."

The community received an emergency shipment of bottled water on the weekend and has enough to last another few days, Redsky said.

A repair crew is looking at the ferry to see if it can be patched up enough to pass federal inspection later this week.

Paramedics and home-care workers won't come into the community — either by ferry or on the ice — for safety reasons, he said.

"The long-term solution is, of course, a road — Freedom Road."

The City of Winnipeg, the province and the federal government have all chipped in for a design study for an all-weather road, but there is no commitment to build anything beyond that.

A spokeswoman for federal Aboriginal Affairs Minister Bernard Valcourt said the department's emergency management is "in regular contact with the community."

"We continue to offer assistance should the community require any. So far, no requests have been made," Andrea Richer wrote in an emailed statement.

THE CANADIAN PRESS

REACTION

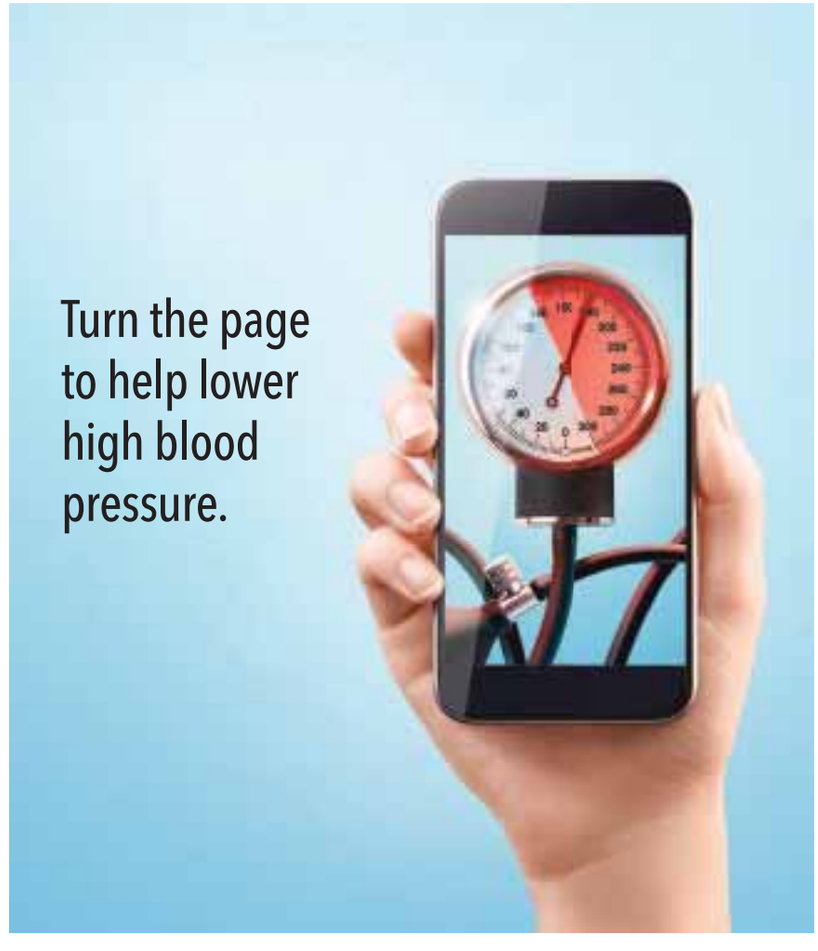
Green boss outraged, calls situation 'scandalous'

Green Party Leader Elizabeth May called the situation intolerable. She wants the federal government to immediately restore ferry service to the community and help build an all-weather road. After a century, May suggested, the community deserves justice.

"Every community across Canada has a right to safe drinking water," she said in an interview. "But this situation, where they are both physically isolated and don't have safe drinking water, is appalling.

"It's scandalous."

THE CANADIAN PRESS



Trudeau announces economic platform

Liberal Leader Justin Trudeau makes a policy announcement Monday during an event at a restaurant in Aylmer, Que. ADRIAN WYLD/THE CANADIAN PRESS

POLITICS

Liberal leader plans tax hikes for wealthy, cuts for middle class

Justin Trudeau has unveiled the Liberal alternative to the Harper government's economic plan: hike taxes for the wealthiest one per cent to pay for more generous child benefits and an across-the-board income tax cut for the middle class.

Under the Liberal proposal announced Monday:

- The 22-per-cent tax rate for anyone with a taxable annual income between $44,701 and $89,401 would be cut to 20.5 per cent.
- A new tax bracket of 33 per cent would be imposed on those with taxable incomes over $200,000 a year. The current top bracket of 29 per cent would continue to apply to those earning between $138,586 and $200,000.

A Trudeau government would also scrap Prime Minister Stephen Harper's universal child care benefit and roll together two other existing child benefits into a single, more generous, monthly, tax-free "Canada child benefit."

According to the Liberals, all families with kids under 18 and an annual income below $150,000, or 90 per cent of families, would receive more under Trudeau's plan.

Monday's announcement is a reply to last month's Conservative pre-election budget, which pivots around twin measures to allow parents with children under 18 to split their income for tax purposes and to expand and enrich the universal child care benefit.

Trudeau has promised to scrap the $2-billion parental income-splitting scheme, which critics have said will benefit less than 15 per cent of families, primarily the wealthiest. THE CANADIAN PRESS

> **We can do more for the people who need it, by doing less for the people who don't.**
> Liberal Party Leader Justin Trudeau

Bail for Khadr a threat to transfers: Feds

Granting bail to former Guantanamo Bay prisoner Omar Khadr while he appeals his war crimes conviction in the United States threatens the entire system of international prisoner transfers, the federal government argues in new court filings.

The claim comes in material filed late Monday as part of Ottawa's 11th-hour attempt to block Khadr's release from prison — which could come as early as Tuesday evening.

"A lack of clarity in the international transfer process may jeopardize the system as a whole," the government states in documents obtained by The Canadian Press. Despite having presented no such evidence at his bail hearing, the government also now argues that allowing Khadr out presents a risk that is contrary to the public interest.

It does not elaborate on the nature of the risk but notes he has applied for parole in June.

On Monday, the government also filed its formal notice of appeal of the April 24 decision by Justice June Ross of the Alberta Court of Queen's Bench granting Khadr bail. It wants the stay pending disposition of the case. THE CANADIAN PRESS

Harper pays tribute to fallen soldiers

Prime Minister Stephen Harper paid tribute to Canada's war dead at a service in the Netherlands Monday morning.

He was joined by a few dozen surviving veterans of the battles to liberate northwest Europe, which culminated with the surrender of Nazi German forces. Harper spoke of the sacrifices made by the war-time generation, saying they understood that some things were worth fighting and dying for.

He delivered the speech at the Holten Canadian War Cemetery, which contains the graves of 1,350 Canadian soldiers. THE CANADIAN PRESS

PM Stephen Harper lays a wreath at the Canadian War Cemetery in Holten, Netherlands. THE ASSOCIATED PRESS

Defence's information-sharing documents not being disclosed

The Defence Department is refusing to release the text of a ministerial directive that sets out how the Canadian Forces can seek and share information from foreign partners even when it may put someone at risk of torture.

The Canadian Press requested the 2013 directive one year ago under the Access to Information Act and just this month received a draft copy of the document — marked unclassified — with key elements censored.

However, a classified April 2013 covering letter says the planned directive was based on a government-wide framework that guides Canadian security agencies when seeking or sharing information puts someone in foreign custody at serious risk of being abused.

The framework for addressing risks in foreign information-sharing applies to Defence, the Canadian Security Intelligence Service, the RCMP, the Canada Border Services Agency and the Communications Security Establishment, the electronic spy service. THE CANADIAN PRESS

IN BRIEF

Liberals win majority in Prince Edward Island

Rookie politician Wade MacLauchlan has led his Liberal party to a majority victory in Prince Edward Island, where voters decided Monday to grant a third consecutive term to a government repeatedly accused during the campaign of undermining public trust.

The Liberals saw their majority slightly reduced from the 20 seats they held before the election, taking 18 seats to eight for the Tories and one for the Greens, marking an historic first for the third party.

The Conservatives, led by former city councillor Rob Lantz, gained five seats. THE CANADIAN PRESS

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Everest climber escapes death

NEPAL EARTHQUAKE

Base camp avalanche was adventurer's third close call

It was lunchtime on Everest when Joe Raftis felt the dining tent shake.

The Toronto businessman knew the feeling. He had narrowly cheated death twice in the past two years — first at the 2013 Boston Marathon, which he completed just an hour before terrorists set off pressure-cooker bombs at the finish line; then again in 2014, when his first attempt to scale the world's tallest peak was interrupted by a devastating avalanche that killed 16 Sherpa guides.

This time, hunkered down at the mountain's historically safe base camp just before noon, the possibility of a third close call seemed remote.

"At first, it doesn't register as an earthquake," Raftis, 54, said on Monday. "You just think, are there a bunch of guys outside shaking the tent?"

A sound outside, a "roar," told him this was more serious.

"So I ran out of the tent, and I saw this wall of snow and ice — an avalanche — coming at me."

Last month's earthquake in Nepal and its aftermath have claimed more than 7,000 lives, including those of 19 climbers on Everest. Raftis was almost part of the grim tally. A day after landing in Toronto, speaking from Europe Bound, the travel gear store he owns on King Street, he called himself "lucky."

"I can't believe my luck, three years in a row," he said.

Raftis also had to think fast. He said he had 10 seconds after seeing the avalanche approaching to choose between running and seeking shelter in the tent.

He decided to run, and made it about 15 metres before stopping and covering his head with his arms. Though he was buried up to his calves, the worst of the pummelling snow hit some 40 metres away.

> **Just 15 metres away, there were deaths and injuries.**
> Joe Raftis

Joe Raftis, an employee at Europe Bound, in Toronto, escaped an Everest earthquake for the second straight year and also ran the Boston Marathon in 2013. BERNARD WEIL/TORSTAR NEWS SERVICE

He and his climbing group were "pretty unscathed."

"It was kind of a narrow miss. Just 15 metres away, there were deaths and injuries," Raftis said.

Within 20 minutes, he was able to call his wife, Shelly, at their north Toronto home using a satellite phone. But the signal cut out before long. That night, he slept fitfully in the dining tent at base camp, the sound of avalanches continuing to echo down the mountain.

Aftershocks and rock slides continued the next day. As Raftis hiked towards a nearby village, he saw the extent of the earthquake's devastation.

"Camps completely wiped out, camps completely crushed," he said. "You see a single mitten there, a single jacket there ... everything just dispersed everywhere. It was like a junkyard."

He also saw three dead bodies, wrapped in tarps, "just waiting to be airlifted out."

For the next few days, he and his party hiked towards the small Nepalese town of Lukla, hoping to catch a flight bound for Kathmandu. After nearly three days of waiting, Raftis says he bribed an official to get a boarding pass at the tiny, crowded airport.

From Kathmandu he flew to Bangkok, on to London, and then home to Toronto. At 11 a.m. Sunday, he was reunited with his wife and three kids.

An avid climber, Raftis has previously scaled the highest mountain in every continent but South America and Asia. He now says this was his last shot at Everest: "I'm not going back a third time," he said. "I'm too old for this."

TORSTAR NEWS SERVICE

ALBERTA ELECTION

Ban lifted on candidate's case

The day before the Alberta election, the governing Progressive Conservatives were forced to address lurid allegations surrounding their former justice minister's failed marriage.

A judge lifted a ban that had kept from the public allegations that Jonathan Denis kneed his estranged wife, Breanna Palmer, in the face, tampered with her car's brakes and threw temper tantrums while their months-long marriage fell apart earlier this year.

Justice Craig Jones also removed an emergency protection order against Denis. The judge said he was satisfied Palmer is "not in danger of family violence."

"I accept Miss Palmer's anxieties rising from her interactions with Mr. Denis ... are real," Jones said Monday. "I am not persuaded that they rise to the level of an objectively reasonable fear of family violence."

Denis, who has not been charged with any crime, said he was looking forward to getting back to the campaign in its final hours.

Premier Jim Prentice asked Denis to resign his cabinet portfolio on April 25 — three weeks into the campaign and a day after a judge granted Palmer a temporary emergency protection order.

Jonathan Denis and Jim Prentice in Edmonton before the Alberta budget was delivered.
JASON FRANSON/THE CANADIAN PRESS

> **She indicated they were both miserable.**
> Justice Craig Jones

Denis however, remained a candidate for the party in Calgary Acadia. Prentice said he had confidence in Denis.

The Wildrose Party called for Denis to resign Monday given the "serious allegations" revealed when the publication ban was lifted. Prentice refused.

"A marriage breakdown is a tragic circumstance for all involved. And that is what this remains, a matrimonial dispute that continues to be extremely difficult for both of these people," he said in a statement.

Palmer provided a lengthy list of complaints against Denis, including that he ripped a TV out of the wall and the seat off a toilet as the relationship eroded.

She alleged that in the spring of 2014 he kneed her in the nose when she went to kiss him while he was in bed, causing her nose to bleed. Palmer said her car was broken into twice and both her clutch and brakes were damaged. She also alleged Denis's mother once locked her in the couple's home.

"She indicated they were both miserable," said Jones, who noted that not all of the allegations held up under cross-examination.

THE CANADIAN PRESS

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ITALY SHIPS RESCUE THOUSANDS OF MIGRANTS AT SEA NEAR LIBYA A child blows a kiss as migrants disembark from the Italian Navy frigate Bersagliere at the Reggio Calabria harbour, Monday. Italian rescue ships brought migrants by the thousands to Italy's southern ports, including a baby born aboard a navy vessel, as crowded shelters in Sicily and on the mainland struggled Monday to find room for them. In a three-day period ending Sunday, 6,771 survivors were rescued in the seas north of Libya from overcrowded rubber dinghies and unseaworthy fishing boats sent out by smuggling rings, the coast guard reported Monday. Ten bodies were found Sunday on boats or in the sea. ADRIANA SAPONE/THE ASSOCIATED PRESS

Gunmen ID'd in attack outside cartoon event

DALLAS

One man well-known to FBI

Since at least 2007, the FBI has been able to recognize the voice of Elton Simpson — one of the men suspected in the Texas shootings outside a contest featuring cartoons of the Muslim Prophet Muhammad.

Agents recorded the young man from Phoenix talking about fighting nonbelievers for Allah. About plans to travel to South Africa and link up with "brothers" in Somalia. About using school as a cover story for travelling overseas.

Simpson was arrested in 2010, one day before authorities say he planned to leave for South Africa. But despite more than 1,500 hours of recorded conversations, the government prosecuted him on only one minor charge — lying to a federal agent. Years spent investigating Simpson for terrorism ties resulted in three years of probation and $600 in fines and court fees.

Then, on Sunday, two men whom authorities identified as Simpson and Nadir Soofi opened fire in a Dallas suburb on a security officer stationed outside the contest. The officials spoke only on condition of anonymity because they were not authorized to discuss the investigation by name.

The deliberately provocative contest had been expected to draw outrage from the Muslim community. According to mainstream Islamic tradition, any physical depiction of the Prophet Muhammad — even a respectful one — is considered blasphemous, and drawings similar to those featured at the Texas event have sparked violence around the world.

Simpson and Soofi were wearing body armour, and one shot the guard in the leg. A police officer returned fire and struck both men, killing them. The guard was treated for his injury at a hospital and released.

Simpson, described as quiet and devout, had been on the radar of law enforcement because of his social media presence, but authorities did not have an indication that he was plotting an attack, said one federal official familiar with the investigation. Less was known about Soofi who appeared to have never been prosecuted in federal court, according to a search of court records.

Simpson had worshipped at the Islamic Community Center of Phoenix for about a decade, but he quit showing up over the past two or three months, the president of the mosque told The Associated Press. A convert to Islam, Simpson first attracted the FBI's attention in 2006 because of his ties to Hassan Abu Jihaad, a former U.S. Navy sailor who had been arrested in Phoenix and was ultimately convicted of terrorism-related charges, according to court records.

In the fall of that year, the FBI asked one of its informants, Dabla Deng, a Sudanese immigrant, to befriend Simpson and ask for advice about Islam. Over the next few years, Deng would tape his conversations with Simpson with a hidden recording device accumulating more than 1,500 hours of conversations, according to court records.

THE ASSOCIATED PRESS

EARTHQUAKE

Nepal calls for international help as reconstruction begins

Nepal's government will need immense international support as the Himalayan nation begins turning its attention toward reconstruction in the coming weeks, in the wake of the devastating April earthquake, a top official said Monday.

Nepal is one of the world's poorest nations, and its economy, largely based on tourism, has been crippled by the earthquake, which left more than 7,300 people dead. While there are no clear estimates yet of how much it will cost to rebuild, it will certainly be enormously expensive.

"In two to three weeks a serious reconstruction package needs to be developed, where we'll need enormous help from the international community," said Information Minister Minendra Rijal. "There's a huge, huge funding gap."

He also said foreign rescue workers were welcome in Nepal, saying they could remain as long as they are needed. He had earlier said that the need for their services was diminishing, but later denied that he wanted them to leave the country.

Soon, he added, the nation will be shifting away from a rescue mode and "will be concentrating more on relief operations."

Since the April 25 earthquake, 4,050 rescue workers from 34 different nations have flown to Nepal to help in rescue operations, provide emergency medical care and distribute food and other necessities. The still-rising death toll from the quake, Nepal's worst in more than 80 years, has reached 7,365, police said.

The World Food Program so far has dispatched food for 250,000 people in some of the hardest-hit areas, the spokesman for the UN secretary-general, Stephane Dujarric, told reporters Monday. The agency warned that basic aid is still needed, especially for people living without shelter.

Meanwhile, Buddhists turned out to visit shrines and monasteries to mark the birthday of Gautama Buddha, the founder of Buddhism.

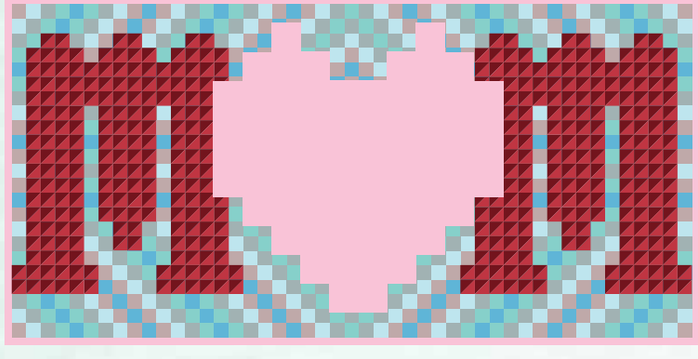
At the base of the Swayambhunath shrine, located atop a hill overlooking Kathmandu, hundreds of people chanted prayers as they walked around the hill where the white iconic stupa with its gazing eyes is located.

Some of the structures around the stupa, built in the fifth century, were damaged in the quake. Police blocked off the steep steps to the top of the shrine, also called the "Monkey Temple" because of the many monkeys who live on its slopes.

"I am praying for peace for the thousands of people who were killed," said Santa Lama, a 60-year-old woman. "I hope there will be peace and calm in the country once again and the worst is over."

Kathmandu's main airport remained closed since Sunday to large aircraft delivering aid due to runaway damage, but UN officials said the overall logistics situation was improving.

THE ASSOCIATED PRESS



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Labour gets Brand endorsement

Comedian turned political activist Russell Brand has changed his mind and is no longer urging people not to vote in Thursday's general election. Instead, Brand on Monday used his YouTube channel to urge his more than 1 million subscribers to back the Labour Party's Ed Miliband.
JOEL RYAN/INVISION/THE ASSOCIATED PRESS FILE

U.K. ELECTION

Comedian reverses stance on non-voting, backs Miliband

British comedian-turned-political activist Russell Brand has changed his mind and is no longer urging people not to vote in Thursday's general election — now he wants them to vote for Labour.

Brand used his YouTube channel Monday to urge his more than 1 million subscribers to back Labour Party Leader Ed Miliband, saying the Conservative Party led by Prime Minister David Cameron must be stopped.

The last-minute conversion may influence young voters who have read Brand's best-selling book Revolution and embraced his YouTube complaints about big business and banks having too much power.

The long-haired comedian, who has starred in several films, has campaigned for the rights of London tenants and complained about heartless capitalism. He interviewed Miliband last week for his YouTube channel — prompting Cameron to label Brand "a joke" and to condemn Miliband for appearing with the bawdy comedian.

Brand struck back on YouTube.

"David Cameron might think I'm a joke. But I don't think there's anything funny about what the Conservative Party has been doing to this country, and we have to stop them," he said.

Brand said in his YouTube endorsement that Miliband wouldn't change things overnight but would listen to peoples' complaints. He also tweeted the video to his more than 9 million Twitter followers.

Far-right UK Independence Party Leader Nigel Farage, fighting for a place in Parliament, seemed unimpressed by Brand's backing of Labour.

"I'm very pleased Russell Brand hasn't endorsed me," he told BBC Radio.

Miliband's Labour Party also received the endorsement of bestselling celebrity TV cook Delia Smith, who enjoys a national following. Campaigning with Miliband in the seaside city of Brighton, she said she feels the Labour party will protect Britain's National Health Service.

> **... I don't think there's anything funny about what the Conservative Party has been doing to this country, and we have to stop them.**
> Russell Brand

The vote Thursday is expected to be close. Neither of the two main parties — Conservatives and Labour — is expected to win an absolute majority in Parliament because of the growth of smaller parties like the Scottish National Party and UKIP. THE ASSOCIATED PRESS

POLITICS

Prospects dark for Lib Dems

At Britain's last election campaign, he was hailed as the most popular party leader since Winston Churchill, an unexpected star who upstaged the two dominant parties. Some even wondered whether he was the British Obama.

Nick Clegg's meteoric rise transformed him from a relatively obscure leader of the left-of-centre Liberal Democrats — Britain's third party and perennial "also-rans" — into deputy prime minister.

Five years on, he may be headed for the political graveyard — paying for his decision to enter a marriage of convenience with the ruling Conservative Party.

The Lib Dems are bracing themselves for a disastrous election, and Clegg, 48, faces the humiliating prospect of losing his own seat in Parliament. Many have not forgiven Clegg for breaking his pre-election pledge to oppose any increase in university tuition fees. Just months after the 2010 election, the Conservative-led government that he joined announced those fees would triple to 9,000 pounds ($13,600) per year.

> **Now (Clegg has) gone to government, people have seen the other side of him.**
> Tony Lamb

Deputy Prime Minister and Liberal Democrat Party Leader Nick Clegg speaks in London on Monday.
STEVE PARSONS/THE ASSOCIATED PRESS

"He didn't stand by his guns. Now he's gone to government, people have seen the other side of him," said Tony Lamb, a 57-year-old butcher in the constituency of Sheffield Hallam, where Clegg is fighting to keep a seat he's safely held for two terms. "People think he's just somebody's puppet, making up the numbers. That's all he's done."

That harsh judgment sums up the views of many voters who have turned their backs on Clegg, whose fall from grace has been as spectacular as his rise was sudden.

Clegg readily concedes that his compromises in government have come at a cost. He even issued a video saying "sorry" for his tuition fee debacle, which went viral as a musical parody. But he insists that his party is still best placed to hold the balance of power for a second time. That is less likely than in 2010, but still possible — another five years of a Conservative-Lib Dem coalition is considered one of the potential outcomes.
THE ASSOCIATED PRESS

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Watchdogs keeping eye on Apple's Beats

STREAMING MUSIC

Regulators fear aggressive tactics against competition

Apple appears to have raised the ire of anti-trust authorities as it prepares for the launch of its Beats music streaming service, according to reports.

Both the European Union's Competition Committee and the U.S. Department of Justice are reportedly watching the Cupertino, Calif.-based company, as it may be using aggressive tactics with record labels to hamper the competition as it prepares to enter the market.

With the launch of Beats Music expected this summer, Apple is apparently trying to pressure music labels to not renew Spotify's licence to stream music through its free tier.

While Spotify has 60 million users, only 15 million are paid users of its $10 a month service.

The Verge website reported that the according to multiple sources, the U.S. Department of Justice is tracking the company, which follows a New York Post report that European Union's Competition Commission has launched a probe into the company's business practices. The New York Post says that Apple wanted to charge less than $10 a month for its impending streaming service to undercut the competition, but couldn't make the pricing work.

The Verge also reported a source saying that Apple offered to pay Universal Music group the equivalent of what it gets from YouTube Licensing fee if it stopped putting its music up on the service.

YouTube is still where the majority of people go online to listen to music, and it has also launched a paid music tier service.

Ahead of Apple's Beats launch, Spotify is offering promotions in Canada in the hopes of growing its user base. The company is offering three months of its premium tier for 99 cents a month. Wireless company Fido is offering two years of Spotify premium for free as part of its Pulse plan promotions.

TORSTAR NEWS SERVICE

SPOTIFY WOOING CANADIANS

City-themed playlists
Marketing Magazine reported that, in a bid to be seen as catering to local tastes, Spotify has unveiled a number of new Canadian city-themed playlists.

Spotify created these playlists using the data it has showing what's popular in each of those cities, and added in tracks suggested by local influencers.

LAS VEGAS AGING RIVIERA AGING NO MORE A sign thanks customers outside the Riviera Hotel and Casino on the Las Vegas Strip, which shut down at noon Monday as the last few gamblers tried their luck on slots. The Las Vegas Convention and Visitors Authority, which bought the building where Liberace and Frank Sinatra once were headliners, plans to tear it down and expand the Las Vegas Convention Center to the Strip. JOHN LOCHER/THE ASSOCIATED PRESS

Seniors file for insolvency with big debts: Report

Seniors and those approaching retirement are making up a growing proportion of those filing for insolvency in Ontario and have bigger debts compared to younger people, a report said Monday.

And while credit card debt makes up the largest portion for them, payday loans are a growing concern for seniors, said Doug Hoyes, co-founder of bankruptcy trustee firm Hoyes, Michalos & Associates Inc. which did the report.

"It is a treadmill that you can never get off of," Hoyes said of the short-term loans that often carry high interest rates.

$68,677

Debtors 50 and older had $68,677 in unsecured debt; those over 60 had debt of $69,031, the report found.

According to a review of 6,000 insolvency filings handled by the firm in 2013 and 2014, the share of debtors aged 50 and over increased to 30 per cent compared with 27 per cent in the previous two-year period.

Hoyes said the number of people filing for insolvency has been trending down in recent years, but use of payday and fast cash style loans is on the rise.

The percentage of debtors with at least one payday loan increased to 18 per cent compared with 12 per cent two years ago, while the average total payday loan debt for those with them rose 12 per cent to $2,749.

Seniors were less likely to use payday loans at just nine per cent of those over 60 filing for insolvency with one, but those that did owed $3,693 on average.

Hoyes said some of the growth in seniors filing for insolvency is due to more people reaching retirement as baby boomers get older.

And while for some that has meant selling their home for a big profit and a comfortable retirement, for others, medical bills, job loss or divorce have crippled them financially, he said.

"Unfortunately, if you go into retirement with debt, you've got a huge problem because now your income has gone down and you can't service it," he said.

Hoyes said though the report was based on insolvency filings in Ontario, he suggested the trends would likely be similar in other jurisdictions across the country.

"The basic trends are the same. The population is aging. We know that debt levels are increasing across the country. It is probably pretty comparable across the country as well."

And he added, if interest rates start to climb, it could spell serious problems for those with debts with variable rates of interest.

THE CANADIAN PRESS

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Of all the beverage containers that weren't recycled, how many were yours?

metro VIEWS
Your essential daily news
Tuesday, May 5, 2015

the big question

How old is old enough for kids to go out on their own?

Whether it's playing at the park or spending pocket money at the Lego store, a bit of independence is good for the mental and physical health of kids age nine to 11, said Ryerson University professor Raktim Mitra. He studied 1,000 Grade 5 and 6 students wearing exercise monitors for a week in the Toronto area. Kids allowed to explore on their own were 14 to 19 per cent more active than those constantly supervised. Most provinces don't have a specific law, so it's up to parents to decide when a child is mature enough for solo adventures.

Invest in pedestrians, pass on the underpass

YOUR RIDE

Colin Fast

The city's massive new pedestrian and bike strategy gets its first hearing before a city hall committee this morning.

More than a year in the making, the plan recommends a huge investment in improving cycling and walking infrastructure throughout the city, from the farthest reaches of the suburbs to the heart of downtown.

That all sounds great, until you look at the proposed 20-year timeline for the project.

Anyone who pays attention to city hall can tell you most "long-term" plans barely make it 20 minutes without tweaks or complete abandonment of major elements.

In fact, councillors will review a proposal to scrap or delay several previously announced bike paths — including a much-needed segment along Waverley Street — without any indication when, or if, they'll make it back onto the to-do list.

The other problem is how the city is going to pay for all this. With a $334-million price tag, it's a major commitment, even spread over two decades.

That's why it's curious city council didn't designate the strategy as a priority infrastructure project to be considered for provincial and federal funding. Instead, it endorsed proposals for two railway underpasses along Waverley and Marion.

The Waverley underpass can be justified by the massive delays caused by 40 or so trains that block the street every day. But Marion? It sees four to eight trains per day. Yet that underpass will cost exactly the same amount as the entire city-wide bike and pedestrian strategy.

One project will add protected bike lanes downtown, hundreds of kilometres of pathways and new or upgraded crossings at nearly 50 intersections. The other will occasionally get you to Lagimodiere a few minutes faster.

One could help transform commuting habits, spark the development of walkable neighbourhoods and encourage healthy lifestyles. The other will draw traffic, which will spark a demand for more road capacity, which will draw more traffic, and on and on it goes until we run out of room or concrete.

If city hall truly wants to take a long-range vision of transportation — and generate a heck of a lot of photo-ops in the process — it should put the brakes on the Marion underpass and instead implement the whole bike and pedestrian plan within the next five years.

That would get tens of thousands of Winnipeggers out of cars and onto bikes and feet, and establish our city as a showcase for how a "winter city" can embrace active transportation.

As for the people who pass through Marion and Archibald every day, they might have a more enjoyable commute if they hopped on a bike instead. There's a couple of great new paths planned for the neighbourhood, they just need a little funding.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Follow him on Twitter @policyfrog.

ROSEMARY WESTWOOD

metroview

Why would anyone go to a play about residential schools?

You might think you know about residential schools.

You've seen them in headlines since the Truth and Reconciliation Commission began unwrapping the individual horrors of the government's attempts to destroy indigenous culture. You know about the abuses, the tearing apart of families, the ripple effects of alcoholism, the violence and the poverty.

You know who was the victim and who was to blame. So you'd know what to expect if you went to see a play about it. And then, if that play is God and the Indian, you'd be disappointed.

In the play, now running in Toronto and headed to Vancouver later in the month, Johnny Indian confronts the priest she believed raped her as a child. And he denies it.

The priest, George King, and Johnny each battle to prove the other wrong. The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

"Very few characters in history who are evil think they're evil," playwright Drew Haydon Taylor told me over the phone. He was busy preparing a dinner of stuffed peppers, "a traditional Ojibwe dish."

Yes, that's a joke. Taylor is a funny man, often writing plays and satires that capture what he calls indigenous "survival humour." As an elder once told him, "Humour is the WD-40 of healing for native people."

It is also present in Johnny. "I guess it helps when you are the same race as God," she quips in the play. Another time she mentions getting pregnant with a man named Dick: "That's what happens with Dicks," she says.

The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

Taylor's comedic plays are subversive, he argues, because "the vast majority of my native characters aren't dysfunctional enough for mainstream audiences."

Even Johnny — homeless, mentally ill and physically unwell — is far more than a victim. But God and the Indian is subversive, too, in all the questions that it does not answer.

The trick of this play isn't what it tells you about residential schools — it's what it doesn't say about who is to blame. There is no justice. Despite her pleas, Johnny doesn't get a confession. Despite his denial, we don't know if the priest is innocent.

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Your essential daily news

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Your essential daily news

It's time to stream the Muppets as they appear in skits with YouTube stars

Follow the Gold Record Road

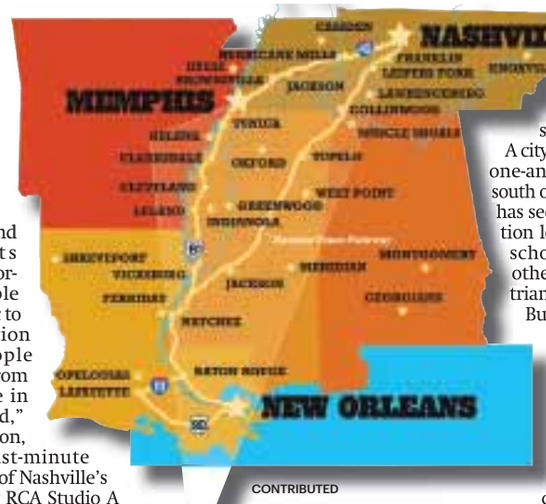
Blues. Jazz. Country. Rock 'n' roll. Gospel. Southern Gospel. Cajun-zydeco. Soul/R&B. Bluegrass. Nine of America's most well-known music genres now have their own road map. Led by Nashville preservationist Aubrey Preston, a group of historians and music lovers came up with the Americana Music Triangle The Associated Press

Stretching from Nashville to Memphis to New Orleans — and encompassing points in between — the Americana Music Triangle includes locations in the Deep South that helped birth of the musical genres, from Clarksdale, Miss., the home of blues masters Muddy Waters and John Lee Hooker, to Muscle Shoals, Ala., site of the famed music studio where Aretha Franklin, the Rolling Stones and many others recorded songs.

Philanthropist Aubrey Preston hopes the triangle gives travelling music lovers, both foreign and domestic, a multi-state, Internet-based, interactive guide of the cradle of America's music, while also spurring enough interest for community leaders to preserve these spots for future educational and tourism opportunities. State and local tourism officials hope much-needed dollars flow into their towns from travellers with cash to spend on restaurants, music shows, shops, and even gas stations and car washes.

"We're giving an anchor, a cloud of information ... that's easily accessible and connects places, stories, people and music to information that people can get from any place in the world," said Preston, whose last-minute purchase of Nashville's legendary RCA Studio A in October 2014 saved it from being torn down.

Events scheduled throughout this week in six cities will launch the Americana Music Triangle.



CONTRIBUTED

> **People do seem to want to touch something that's real. They love this music throughout the world, and it is like a universal currency**
> Historian Colin Escott

Historian Colin Escott says the triangle accurately spotlights locations that will draw people to the South: the jazz halls of New Orleans, the rock 'n' roll and soul studios of Memphis, the cotton plantations of the Mississippi Delta.

"People do seem to want to touch something that's real," said Escott, co-writer of the book and musical Million Dollar Quartet and contributor to the triangle project. "They love this music throughout the world, and it is like a universal currency."

A city of about 17,200 about one-and-a-half hours' drive south of Memphis, Clarksdale has seen its share of population loss, poverty, troubled schools and blight, like other small towns in the triangle.

But, in recent years, the city has tried to boost its agriculture-driven economy with tourist spending and the sales taxes it generates. Downtown has seen an increase in restaurants and accommodations like loft apartments, and population appears to be growing. Tourists from overseas are making more frequent treks to Clarksdale, according to Mayor Bill Luckett and co-owner of Ground Zero Blues Club.

"Pulling this project off will be a tremendous help to this whole region," Luckett said. "It puts money in this economy that wasn't here before."

Luckett says promoting tourism does not exploit the city's more disadvantaged residents, some of whom may resent that so much attention is being paid to tourists while they struggle.

"There are some people who are going to express some resentment. I read it, I hear it," Luckett said. "Frankly, it's unfair and untrue."

Tourism and civic leaders in each location are encouraged to direct tourists to other spots on the trail, even if they are in another state.

The project's supporters hope that, as more people are drawn to these locations, governments, philanthropists and non-profits will move to preserve the sites and increase opportunities for musicians.

"If you have more regular (visitor) traffic, then you can start to have more music," said Roger Stolle, owner of the Cat Head Delta Blues & Folk Art store in Clarksdale. "It not only means that venue is going to be there for a long time, but it gives a reason for musicians to be there."

Omar Gordon, 24, plays the guitar outside the Cat Head Delta Blues & Folk Art store in Clarksdale, Miss., the home of Muddy Waters and John Lee Hooker. ADRIAN SAINZ/THE ASSOCIATED PRESS

ADVICE

Deciphering the meaning of a post-one-night stand meal

URBAN ETIQUETTE
Ellen Vanstone

Dear Ellen
A year after a breakup with my common-law partner, I finally made the decision to start dating. I met this nice guy and we had a good time. Maybe I was a bit too eager, you know, after not dating for a year, but I ended up "sleeping over."

The next morning we went for brunch together. Having been out of the dating scene for a few years, I wasn't sure about the etiquette.

Who should pay in a situation like this? Do you go Dutch or does it mean something else if one of you picks up the bill? Also, is brunch just a way he was able to get me out of his apartment (maybe this was a one-night stand), or was it a signal that he's interested and wanted to spend some more time getting to know me more?

Just trying to understand the nuances of modern dating.
— Christopher, Toronto

Dear Christopher,
Let's address the easy part first: Who pays? Answer: You should offer to pay if you did the inviting; offer to go Dutch if he did.

As for everything else (i.e., "is it brunch or true love?"), many advice-givers will tell you: "Don't over-analyze" or "Take it slow and see what happens" or "Careful not to set yourself up for massive disappointment" — but rest assured, I am not one of them.

I like to give advice a person can actually follow, like: "Spend every waking minute obsessing about how the date went," and "Check your phone repeatedly for any sign of communication," and "Pour your heart into an excruciatingly detailed romantic fantasy about the two of you."

The thing is, Christopher, if you like this guy, you're going to do all this crazy stuff, anyway, so why waste time pretending you're not? See? My brilliant advice has just saved you hours of pointless self-chastisement, which you can now spend in a dreamy delusional haze that hurts no one except, well ...

OK, yes, you probably are setting yourself up for massive disappointment. But suffering is a part of life! And this kind of luxurious emotional agony is a privilege at any age. The only real downside is that it may temporarily skew your musical tastes (Someone Like You on endless loop, anyone?). In the meantime, the pre-agony ecstasy is there for the taking, my man.

Go for it.

If a one-night stand has brunch with you the next day, does this mean it's true love? ISTOCK

Princess' life won't be fairy tale

ROYAL FEMALES

Kate Middleton

Princess Charlotte

Princess Diana

Beatrice and Eugenie

Queen Elizabeth II and Princess Margaret

ROYAL BIRTH

Despite progress, Charlotte will still face sexism

William and **Kate's** new daughter is the first British princess who won't face royal discrimination because she's a girl, but her life won't be without challenges.

Thanks to a change in the centuries-old rules of royal succession, if **Princess Charlotte** has a younger brother, he won't overtake her in line to the throne.

But in a world where girls are encouraged to embrace pretty-in-pink princess imagery from birth, the royal daughter born Saturday is bound to face a level of scrutiny her elder sibling Prince George won't have to worry about.

Claudia Joseph, author of William and Kate's Britain, said that as a future king, third-in-line-to-the-throne George can expect a life of "duty and responsibility."

His sister "will have a more carefree life, but on the other hand, we live in a world obsessed with looks. Nearly every woman nowadays is constantly under scrutiny."

The experience of Kate — and, even more, of the baby's late grandmother, **Princess Diana** — suggests the level of interest the princess can expect.

Every outfit, every hairstyle, will be recorded, commented on, copied.

Royal historian Robert Lacey said princesses face a different burden than princes.

"There's so much enduring sexist comment," he said. "It remains legitimate for the media — and social media even more — to comment on women's dress and appearance.

"And the coverage veers so precipitously from adulation to scorn. **Beatrice and Eugenie** are examples of that."

Prince Andrew's daughters became media figures of fun for wearing elaborate fascinators to Kate and William's wedding in 2011.

Even her name, announced Monday by her parents, was the subject of much speculation.

The royal birth was greeted with an explosion of pink, as Tower Bridge and other London landmarks were bathed in magenta light.

Not everyone was delighted.

"Are we really still in the 1950s with gender norms?" tweeted Laura Sheldon, 16.

"I don't like the way the media are emphasizing the baby is a girl and companies exploiting this in their marketing," Sheldon said in an email. "The whole 'pink for girls' and 'blue for boys' thing is so outdated and too conservative for what should be a progressive society."

Still, society has changed enormously in the past few decades — and so has the royal family.

For centuries, the law gave preference to male heirs, so a first-born princess would be leapfrogged in the succession by a younger brother. As a result, there have been some 35 kings of England since the Norman Conquest in 1066, but only seven queens.

In 2011, the leaders of Britain and the 15 former colonies that have the Queen as their head of state agreed to establish new rules giving female children equal status with males in the order of succession.

It took several years to amend the statutes, some of them centuries old. The Succession to the Crown Act came into effect in March, just in time for the new princess.

She becomes fourth in line to the throne, pushing Prince Harry down to fifth. The change means she'll keep her position even if she has a younger brother, though if George has children one day, they'll move ahead of her. It's a small step, perhaps, but it symbolizes a more modern, equal-opportunity monarchy.

> **Are we really still in the 1950s with gender norms?**
> Student Laura Sheldon, in response to the Tower Bridge being lit up pink.

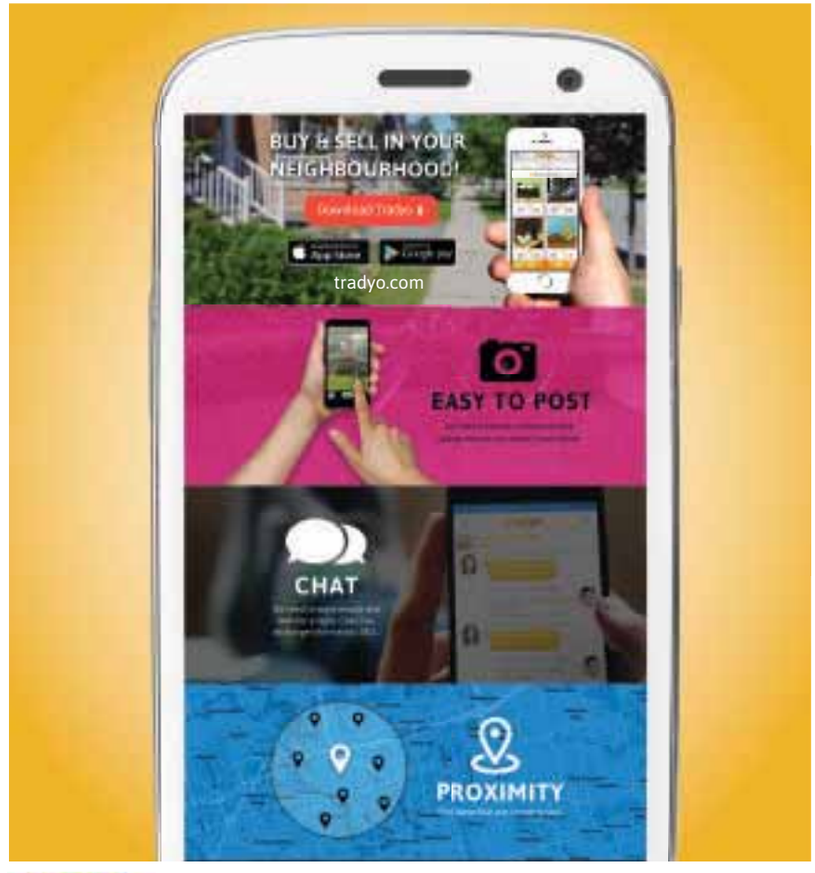
While royal duty, celebrity, and questions of security will affect the princess' career choices, there's nothing to stop her from joining the military, as her father and uncle did, or becoming a search-and-rescue helicopter pilot like her dad.

"I think the royal family has changed a lot over the last few decades, and William and Kate are very 21st century," Joseph said. William is a more engaged, hands-on parent than his father, Prince Charles, or ancestors.

Queen Elizabeth II and her sister Princess Margaret were educated at home, but the baby princess can expect to mingle with non-royals at an ordinary — though expensive — school, attend university and have a career.

"I'm sure (the princess) will inherit Kate's evident love of photography and art. And she has an older brother — I'm sure she's going to love 'boys' toys,' too." THE ASSOCIATED PRESS

Royal fans hold up a sign reading "it's a princess" as they celebrate following the announcement of the birth of Princess Charlotte. Some in Britain have criticized the level of gender stereotyping with the royal birth. ALL PHOTOS GETTY IMAGES



metro SPORTS

Golden State point guard Stephen Curry named NBA MVP

Tuesday, May 5, 2015

Still hungry after 31 years

KAYAKING

David Ford, 48, continues to paddle with funding barrier

It's been five years since David Ford was completely stripped of his Canadian sport funding amid not-so-subtle hints he was too old.

He's 48 now, and the Olympic dream still burns bright in Ford, Canada's best whitewater kayaker for the better part of three decades.

And why not?

"There's a bias in people's minds that age is a number that stops you from performing," Ford said. "I don't think you can really look at it that specifically."

Ford prefers to look at other numbers, like the ones in the weight room. The five-time Olympian can do weighted chin-ups with 112.5 pounds hanging from his waist. He can bench pull — face down, pulling upward — 315 pounds. Both are at least 10-pound improvements over what he lifted in 1999, when he was the world champion.

"When I was younger, my dad also did a bit of racing. I remember being 16, my dad was 36 years old, and I remember thinking 'I hope he's OK, he shouldn't be doing that sort of thing at that age,"' Ford said laughing. "Now I'm 12 years past that day, and still feel amazing.

"The only price I've paid I feel like is injuries, obviously. Also when I get tired, I can't fake it anymore. But other than that, I feel better now than I did when I was 25. Sports science has come so far ... I've learned so much more as an athlete that I can apply now that I feel physically much better than when I won my first World Cup."

Ford has raced for Canada for a whopping 31 years, a trailblazing career that has seen him reach more than a dozen World Cup podiums. He narrowly missed adding an Olympic medal, finishing fourth at the 2004 Athens Games.

He was sixth at the 2008 Games in Beijing, and then after qualifying the lone Canadian boat for the 2012 London Games, he was sidelined by a ruptured tendon in his elbow.

Along the way, Canada's sport bosses erased his funding. First, the Canadian Olympic Committee's Own the Podium program stopped paying him in 2007. Then, Sport Canada cut his carding money — the monthly stipend athletes receive through the Athlete Assistance Program.

"I don't really understand that thought process, when you have the best guys," said Ford, who is also eyeing a spot on Canada's team for the Pan American Games in Toronto.

"I think all Olympians in Canada get really good at doing more with less, and I have a lot of experience, so it becomes easier to do more with less."

Ford's most recent financial crisis came when global company Teck Resources laid off 600 people, and his sponsorship with the company was one of the casualties. He considered calling it a career until a chance conversation with former Canadian rugby player Dave Lougheed, a vice-president with global money management company Raymond James.

"He created sort of the 'Olympic Dream' as a company, and created 100 shares, $500 a share, and just put it out there to his friends, client list, and we got halfway sold out already, within a week and a half. We're hoping we can get all the way through the 100 shares, if not farther, which would give me more or less the resources I need to get at least through next spring if not the Olympics."

THE CANADIAN PRESS

FAMILY LIFE

Ford is married to Kelly VanderBeek, a former Olympic skier. They live in Canmore, Alta., with their one-year-old son Cooper.

"The Olympic dream, it doesn't go away. It's still just as strong, and you evaluate whether your chance to do as well as you want to do is there. David Ford

Canadian kayaker David Ford is looking to qualify for the Pan Am Games at the age of 48. TYLER LECKA/GETTY IMAGES

HOCKEY

Canada tops host at worlds

Jordan Eberle and Taylor Hall each had a goal and an assist Monday as Canada downed the Czech Republic 6-3 to stay perfect at the world hockey championship.

Sean Couturier, Tyler Seguin and Sidney Crosby also scored for Canada (3-0-0), which got 22 saves from Mike Smith and sits atop Group A with nine points. Tyler Toffoli added a goal into an empty net to go along with an assist.

Martin Erat, Martin Zatovic and Vladimir Sobotka replied for the host Czechs (1-1-1). Ondrej Pavelec made 32 stops in taking the loss.

Canada led 2-1 after the first, but the Czechs came on strong in the second and finally got an equalizer with 4:15 left in the period when Zatovic tipped a shot up and over Smith's glove.

But with the partisan crowd at the O2 Arena still buzzing, Canada retook the lead just 1:55 later when Toffoli intercepted a puck at the Czech blue-line and fired a shot on goal that Couturier deflected past Pavelec.

Seguin then stretched the advantage to 4-2 on the power play just 2:02 into the third, ripping a shot that beat Pavelec from the faceoff dot.

The goals for Couturier and Seguin were their first points of the tournament, meaning that every Canadian player now has at least one point.

Canada's next game is Wednesday against Sweden.

THE CANADIAN PRESS

NBA PLAYOFFS

Bulls draw first blood against Cavs

Derrick Rose scored 25 points and Pau Gasol added 21, leading the Chicago Bulls to a 99-92 victory over the short-handed Cleveland Cavaliers in Game 1 of the Eastern Conference semifinals on Monday night.

Looking like the MVP he was before being slowed by knee injuries, Rose helped the Bulls swipe home-court advantage from the Cavs, who were missing starters Kevin Love and J.R. Smith.

THE ASSOCIATED PRESS

Bulls guard Derrick Rose shoots over Cavaliers centre Timofey Mozgov on Monday. TONY DEJAK/THE ASSOCIATED PRESS

IN BRIEF

Devils hire Shero as GM

Ray Shero is the new general manager of the New Jersey Devils.

Lou Lamoriello will remain as team president and oversee hockey operations, but Shero takes over as GM immediately.

Shero won a Stanley Cup during his time as GM of the Pittsburgh Penguins before being fired last year.

Before that, Shero was an assistant GM for the Ottawa Senators and Nashville Predators.

THE CANADIAN PRESS

MLB

Jays beat Yankees on 8th-inning rally

Pinch hitter Russell Martin drove in the go-ahead runs in the eighth inning as the Toronto Blue Jays slipped past the New York Yankees 3-1 on Monday.

Knuckleballer R.A. Dickey (1-3) pitched eight innings for Toronto (13-14), giving up one run on three hits and three walks. Third baseman Josh Donaldson went 2-for-4, scoring a run for the Blue Jays. Brett Cecil earned the save.

Starter Chase Whitley (1-0) struck out six over six shutout innings for New York (16-10).

THE CANADIAN PRESS

A NEW DEVON

Blue Jays second baseman Devon Travis was named the AL rookie of the month Monday.

He hit six home runs in April while batting .325 with a .393 on-base percentage.

Jan Hejda of the Czech Republic challenges Canada's Sidney Crosby for the puck on Monday. PETR DAVID JOSEK/THE ASSOCIATED PRESS

RECIPE Almond Butter Glazed Salmon with Panko Sesame Crust

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 12 minutes

Ingredients
- 1½ Tbsp almond butter
- 1 Tbsp light soy sauce
- 1 Tbsp mirin or sweet rice wine vinegar
- 1 tsp honey
- ½ tsp minced ginger
- ½ tsp minced garlic
- ½ tsp hot sauce
- 1½ lb salmon or tilapia
- 1/3 cup panko bread crumbs
- 2 Tbsp chopped or sliced almonds
- 1 tsp sesame seeds
- 2 tsp sesame oil
- Salt

Directions

1. Preheat oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. In a small bowl, combine almond butter, soy sauce, mirin, honey, ginger, garlic and hot sauce until smooth. Place fish on baking sheets and spread sauce over top.

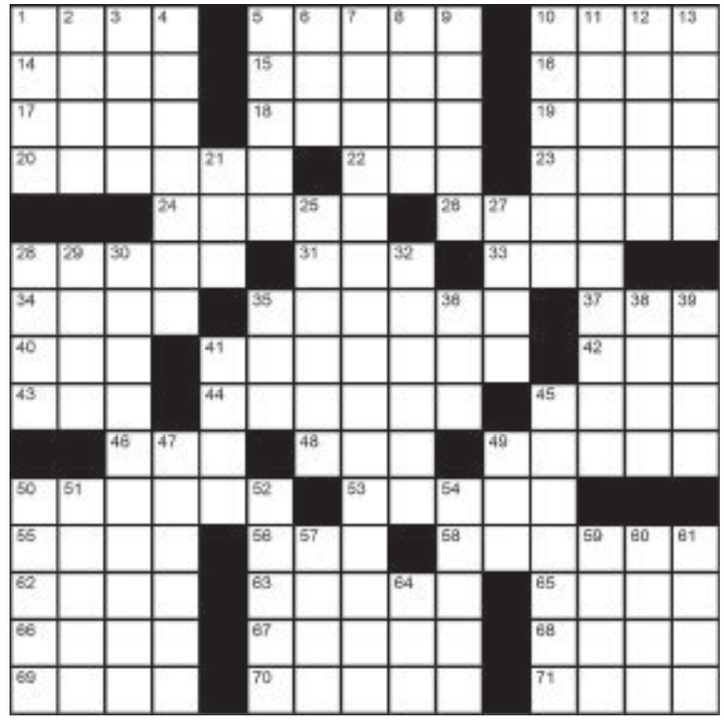
3. In a small bowl, combine panko, almonds, sesame seeds, oil and salt. Sprinkle over fish and bake for 12 minutes or just until cooked.

Nutrition per serving (recipe serves 4)
- Calories 288
- Protein 30.5 g
- Carbohydrates 10.5 g
- Fat 12.9 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cinco de _ (Annual commemoration celebrating Mexico's 1862 victory over France in the Battle of Puebla)
5. Canadian superhero team from Marvel Comics, _ Flight
10. Medieval chest
14. Cain's sibling
15. Wilt
16. Not nice
17. Ruben's "American Idol" runner-up
18. Face value, as per stocks: 2 wds.
19. Sound of disgust, comics-style
20. Writer Mr. Melville
22. 'Press' suffix
23. Web addresses, commonly
24. Move as a hungry lion
26. "_, _, how are you and stuff?"
28. Nonsense
31. Use up
33. Maiden name indicator
34. Pub orders
35. Sarah's "Sex and the City" role
37. Sound setting [abbr.]
40. "Everything _" by Bush
41. Canadian actress Amanda known as the 'Grand Empress of Sci-Fi' to her fans
42. Time
43. Forever, practically
44. Windbreaker
45. Movie's work force
46. Listener
48. Festive drink
49. Stone worker
50. Weekend trip bag
53. Commence
55. Creatures of folklore
56. Caesar's 2050
58. Radiated
62. Relax
63. Brasserie beverage
65. Postal _
66. Use adhesive
67. "St. _ Fire" (1985)
68. _ socks
69. Liturgical vestments
70. Ms. O'Donnell
71. Mail

DOWN
1. Speed of sound, _ 1
2. Adept
3. Birthdate info
4. _: The Greco-Roman Collections of Berlin (Current exhibition at the Winnipeg Art Gallery)
5. A Bell for _ (John Hersey novel)
6. Edmonton transport service [acronym]
7. Leonard Cohen's current Juno-winning album: 2 wds.
8. Rime
9. After: French
10. Hospital vial [var. sp.]
11. Labrador dogs
12. Shower sealant
13. Fennel-like flavour
21. Branch
25. Sword or missile
27. Blood type, _ _.
28. Smog
29. Margarine
30. CKC = Canadian _ _
32. Battlefield medic's prioritizing
35. Fire
36. Pen's content
38. Nabisco cookie
39. Yard's spread of grass
41. Does some road work
45. Cute-style Canadians
47. Grocery store lanes
49. Stir
50. Russian river
51. On _ _ (Is winning)
52. Fireplace smoulderer
54. V-formation fliers of Canada
57. Venus de _ (Ancient statue)
59. Finished
60. Utopia
61. Home title proof
64. French queen's mate

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be able to do anything but that does not mean you have to do everything. Decide what it is you are really good at and commit yourself to it 100 per cent.

Taurus April 21 - May 21
Some people think you are lazy but that's far from the truth. It's just that you see no point exerting yourself for things that are of no importance. It's better to be ambitious about one thing than lukewarm about many things.

Gemini May 22 - June 21
Under no circumstances agree to do someone else's work for them today. Yes, of course, you would most likely make a better job of it but that's not the point.

Cancer June 22 - July 23
You know what you want and you know where to get it, so why do you hesitate? Maybe it's because you fear you don't have the right to just take it. You know what they say: possession is nine-tenths of the law.

Leo July 24 - Aug. 23
With Jupiter in your sign you feel you can do as you please, and to an extent you are right, but there may still be long-term consequences.

Virgo Aug. 24 - Sept. 23
Don't overdo it physically today. It may be true that no effort is too much for you while the Sun moves through your fellow Earth sign of Taurus, but you have limits like everyone else and if you go too far you could regret it.

Libra Sept. 24 - Oct. 23
Friends will make all sorts of promises over the next 24 hours but if you expect them to deliver you may be disappointed.

Scorpio Oct. 24 - Nov. 22
If something no longer works for you the way it once did, then get rid of it. That may sound ruthless but this is no time for sentiment, still less for taking risks with your long-term security. Don't cling to the past.

Sagittarius Nov. 23 - Dec. 21
Don't tie yourself down to set aims and objectives over the next 24 hours because it is highly likely that things will change fast and you will have no choice but to change with them.

Capricorn Dec. 22 - Jan. 20
Are you feeling lucky? Hopefully you are because your state of mind will very much dictate what you gain, or lose, today. If you believe that you deserve the best then you will get it.

Aquarius Jan. 21 - Feb. 19
You will clash with someone today who is as different to you as it is possible to get. Don't waste time trying to find some common ground between you – it does not exist.

Pisces
Feb. 20 - March 20
Your mind may be full of big ideas right now but you must keep your feet on the ground. Don't commit yourself to new projects unless you know you will have the time to do them justice.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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metro

Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.